

## **Center for Families Moms' Programs**

The Center for Families offers different programs to support moms & dads. They are free to attend. For more information on any of the following programs, you can contact Christine Doucet at 617-349-3003 or e-mail her at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

### **Exercise for Mothers in their First Year After Giving Birth**

*Thursday November 7 from 11:30 am to 1 pm at Cambridge Community Center (TBC)*

This postpartum exercise workshop is for Mothers with babies 0-12 months (you can come with or without your baby). Learn from a physical therapist who specializes in postpartum how to do exercises that are designed to improve your physical health after birth. These exercises will help you have a strong body to take care of your baby and prevent injuries like back, wrist and shoulder pain. It will help you strengthen your pelvic floor and abdominal muscle safely.

Instructor: Sybille Bosslet, Physical Therapist

### **Discussion and Craft Activity for Moms**

*Fridays September 13 and October 25, 10:30 am—12:00 noon  
Center for Families, 70 Rindge Ave. (back of the Peabody)*

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome. Christine and Fran will direct the activity.

**Activities:** September-Decorate Your Own Vase  
October-TBA

To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).